

# Curriculum Ideas

## Thinking Maps

- Use a *Tree Map* to categorize the different varieties of tomatoes.

## Research and Investigation

- Name five processed tomato products found in the grocery store.
- What state is the leading producer of tomatoes grown in the United States?
- List three nutrients found in tomatoes and the health benefits of each?



Check out [www.harvestofthemonth.com](http://www.harvestofthemonth.com)!

## Science

- What botanical criteria is used to determine if a plant is fruit or vegetable?
- Why is the tomato labeled as a vegetable?
- Draw a cross-section of a tomato and label the parts.
- Find answers at [www.botany.com](http://www.botany.com)

## Mathematics

- Develop a pie graph that depicts the percentage of tomatoes grown in California.
- To celebrate Fruits and Veggies– More Matters month, have students vote for their favorite fruit or vegetable to eat and graph the results.

## Geography

- Using a California map, color in the top three fresh tomato market producing counties. Make sure to include a key!

Source: [www.harvestofthemonth.com](http://www.harvestofthemonth.com), *Educators' Corner*.

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**MUSD**



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# September 2008



# Food for Thought

## Juicy Tomatoes



## NUTRITION

### Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

Calories 32

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30%	Vitamin C 38%
Calcium 2%	Iron 3%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

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## Tomato Facts

- Tomatoes are berries that belong to the nightshade family.
- The first tomatoes can be traced back to the Andes in Peru, where they grew wild as cherry-sized fruits.
- The historical tariff laws in 1887 which imposed a duty on vegetables, but not fruits provoked a lawsuit that caused the tomato to be declared a vegetable in 1893 by the US Supreme Court.
- According to the USDA, Americans eat more than 22 pounds of tomatoes each year. Most of it consumed in the form of processed product.
- There are more than 4,000 varieties of tomatoes which include cherry, plum, slicing, beefsteak, green, orange, and yellow.
- California is the nation's tomato capital.
- Tomatoes are an excellent source of the Vitamins A and C. They are also a good source of Vitamin K and potassium.

Source: <http://www.harvestofthemonth.com>, Tomatoes



## Tasting Trio Tomato Kabobs

### Materials (per class of 32)

Skewers, small plates (to serve group tables), napkins

### Ingredients

2 boxes of cherry tomatoes  
1 bag of cheese cubes

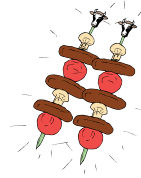
### Safety Precautions

Have students wash their hands and follow safety procedures for handling skewers.

### Making the Recipe

1. Pass out a plate for each table with tomatoes and cheese cubes.
2. Pass out skewers and have students thread food onto skewer (2 tomatoes and 1 cheese) in any order.

Source: *Network for a Healthy California*, Monrovia USD



## Enhancing Your Students' Learning

The new academic year is an ideal time to teach students about the importance of eating healthy and being physically active. Research has demonstrated improved short-term memory, mood, and overall academic performance when students eat a variety of nutrient-rich foods and get regular physical activity. Join *The Network for a Healthy California* in building and maintaining a healthy culture in our schools and community by:

- Encouraging students to eat a nutritious breakfast everyday.
- Participate in the Harvest of the Month program to expose students to a variety of delicious California produce.
- Encourage students to be active for an hourly, daily.

Source: adapted from [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

## Website Resources and Books

<http://www.plants.usda.gov>

<http://www.eatcatomatoes.org>

<http://anrcatalog.ucdavis.edu/pdf/8017.pdf>

<http://www.cfaitc.org>

The Talking Vegetables by Won-Ldy Paye & Margaret Lippert

I Will Never Not Eat a Tomato by Lauren Child

Carrots Love Tomatoes: Secrets of Companion Planting by Louise Riotte

## Physical Activity Corner

### Hula Ball

**Objective:** Develops concentration, hand-eye coordination, and upper body strength.

**Supplies:** hula hoops, two mini footballs

### Activity:

- Stand hula hoops upright by placing a large object to anchor them.
- Divide students into two teams.
- Members from each team try to throw the football through the hoop.
- All team members get a chance to throw the ball.
- Set a goal for the teams (i.e. be the first team to get 10 throws through the hoop).

Source: [www.sparkpe.org](http://www.sparkpe.org)

## Give Me Some Lycopene!

Tomatoes are rich in the antioxidant lycopene. It's what gives this juicy fruit/vegetable its red color. Lycopene may decrease the risk of certain cancers and heart disease. Cooked tomatoes, sauces, and juices contain higher amounts of lycopene than raw tomatoes. So...the next time you eat tomatoes or a tomato product think about lycopene!

Source: [www.harvestofthemonth.com](http://www.harvestofthemonth.com), Tomatoes



Welcome

BACK TO SCHOOL



## September Events